

RITUAL & SPIRITUALITY



A Chosen Ancestor Memory Table: Honor What Nourished You Without Romanticizing the Past



A PRACTICAL COMPANION TO THE GUIDE

Build a thoughtful ancestor memory table with chosen family, ordinary objects, consent-aware stories, and a printable remembrance workbook.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01

The person or contribution you choose

Write the name, relationship, or role and the specific contribution you want to remember. Chosen family belongs here without an explanation of why biological relatives are absent. Record why this memory fits the present moment. If the purpose is unclear, begin with one scene of care or one skill you still use, rather than filling the table with every available photograph.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

The object and its condition

Describe the object, who owns it, and whether a copy would be safer. Note fragile paper, sentimental value, moisture, light, and heat. Choose a stable location away from spills and small children who could damage or swallow an item. A photograph of an object can stand in for the original. The memory does not depend on risking something irreplaceable.

YOUR WORKING RECORD

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EXERCISE 03



A specific remembered scene

Write where the scene happened, what the person did, and what you remember sensing. Separate what you witnessed from details another person later told you. If the date is uncertain, say so. Do not improve the story merely to make it more uplifting. A small accurate scene is enough to give the table meaning and preserve something recognizable.

YOUR WORKING RECORD

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EXERCISE 04

What stays private or outside the table

Name a boundary for stories, photographs, or relationships. You can use a private notebook without displaying its contents. Ask household members whether a shared object or image is welcome. Do not require a child to explain a refusal in front of other relatives. The table's purpose is chosen remembrance, not compulsory participation or a complete account of family history.

YOUR WORKING RECORD

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EXERCISE 05

Permission to display and share

Record the owner of each object and any permission needed from a living person pictured or described. Decide whether visitors may photograph the table and whether it may appear online. Keep that decision separate from permission to display it at home. If you do not have permission, choose a neutral object or your own written memory instead of assuming affection makes publication acceptable.

YOUR WORKING RECORD

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EXERCISE 06

The contribution carried forward

Choose one action that expresses the selected quality: teach a skill patiently, cook a recipe, tend a plant, or make room for someone. Give it a date and a manageable size. Avoid a sweeping promise to live exactly as the remembered person did. You are continuing one worthwhile contribution in your own circumstances, not surrendering judgment about the rest of their life.

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